



### *about* **SUPER SALADS** . . .

*Cool salads for a summer table, barbecue salads, salads for special occasions or everyday meals—all the recipes are here. Potato salads, coleslaws, rice salads, green salads of all types—plus many new and colorful variations to add interest to any meal.*

*Ellen Sinclair*

*Ellen Sinclair, Food Editor  
Australian Women's Weekly*

*Cool, colorful salads can be a good-tasting accompaniment to many meals, or they can be a complete meal in themselves. Choose from the tempting selection of recipes included in this set.*



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## SALAD DRESSINGS

Bottled salad dressings simplify salad-making, but many people prefer to make their own.

French dressing is simply a combination of oil and vinegar. The true french dressing combines two-thirds of oil with one-third of vinegar, but this is too oily for many tastes; most people prefer a combination of half oil, half vinegar. It's purely a matter of preference. Put the ingredients into a screw-top jar, shake well to combine.

Seasonings, in addition to salt and pepper, can be lemon juice, curry powder, a garlic clove, mustard, chopped parsley or mint, or other herbs.

Photography by Garry Isaacs

# **HEALTH POTATO SALAD**



## **HEALTH POTATO SALAD**

**750 g (1½ lb.) potatoes**  
**6 shallots**  
 or spring onions  
**1 small red pepper**  
**1 small green pepper**

**6 small radishes**  
**3 sticks celery**  
**½ cup finely-chopped**  
**parsley**  
**vegetable salt**

### **DRESSING**

**½ cup yoghurt**  
**1 tablespoon cider vinegar**

**¼ cup mayonnaise**

Peel potatoes, cut into 1 cm (½ in.) dice. Steam until tender, or put in boiling salted water, cook 5 minutes, or until tender; drain, cool. Finely chop shallots, seeded peppers and celery; slice radishes. Combine with potato and parsley. Season with salt. Before serving, add dressing, made by combining all ingredients. Toss lightly.

**Serves 4 to 6.**

## **HOME STYLE POTATO SALAD**

**1 kg (2 lb.) potatoes**  
**½ cup mayonnaise**  
**¼ cup french dressing**  
**½ teaspoon sugar**

**salt**  
**1 onion**  
**4 sticks celery**  
**lettuce**

Peel and wash potatoes, cut into dice. Cook in salted water until just tender and still slightly firm; drain. Combine mayonnaise, french dressing, sugar and salt; add finely-chopped onion, sliced celery and potatoes, toss lightly. Refrigerate. Serve on crisp lettuce.

**Serves 6.**

**Curried Potato Salad:** Add 1 to 1½ teaspoons curry powder to the mayonnaise mixture.



## TOMATO SALAD



## TOMATO SALAD

1 lettuce  
1 kg (2 lb.) tomatoes  
3 small onions  
125 g (4 oz.) black olives

220 g (7 oz.) can  
champignons (small  
mushrooms)

Wash lettuce, dry well; line large salad bowl with lettuce leaves. Wash and quarter tomatoes, place into bowl, add peeled and sliced onions, black olives, drained champignons and prepared dressing; toss lightly.

**Serves 6.**

### PARSLEY DRESSING

$\frac{1}{3}$  cup oil  
 $\frac{1}{4}$  cup white vinegar  
 $\frac{1}{2}$  teaspoon sugar  
1 small clove garlic,  
crushed

salt, pepper  
 $\frac{1}{4}$  teaspoon dry mustard  
2 tablespoons chopped  
parsley

Place all ingredients into screw top jar; shake well.



## CHICKEN WITH BRANDIED CREAM



## CHICKEN WITH BRANDIED CREAM

4 whole chicken breasts  
 ½ cup mayonnaise  
 ½ cup sour cream  
 3 tablespoons cream  
 1 tablespoon brandy  
 salt, pepper

500 g (1 lb.) black grapes  
 1 lettuce  
 470 g (15 oz.) can  
 artichoke hearts  
 french dressing

Steam or simmer chicken breasts until tender. When cold, halve chicken breasts, remove skin; remove meat from bones, keeping in one piece.

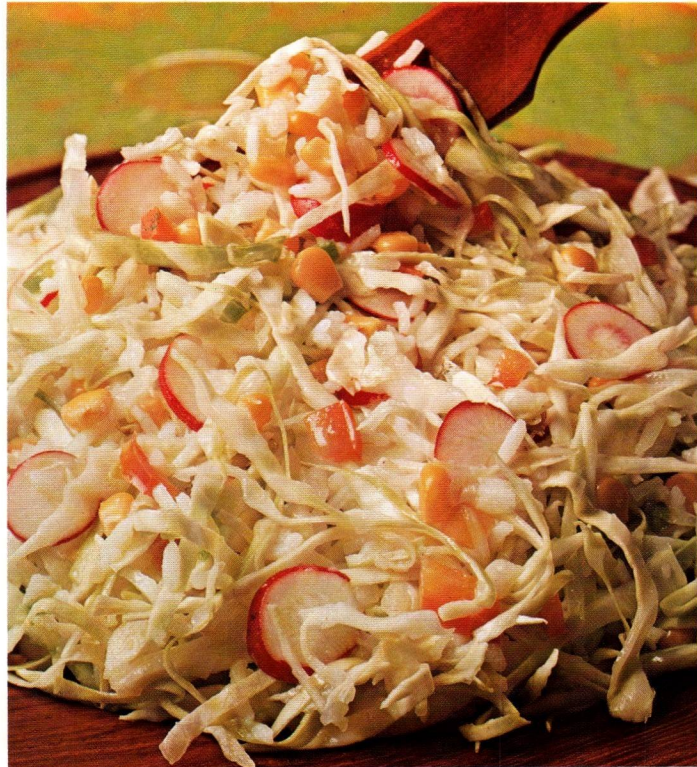
Place mayonnaise, sour cream and brandy in bowl; mix well. Add cream, mix to a good coating consistency (a little extra cream may be needed). Season with salt and pepper.

Carefully spoon cream mixture over chicken breasts, then place on serving plate. Wash grapes, cut into small bunches, place next to chicken. Refrigerate until ready to serve. Serve with crisp lettuce, and drained, halved artichokes, which have been tossed lightly in a little french dressing.

**Serves 4.**

**Note:** If grapes are out of season, just serve chicken with the salad, or drained, canned grapes can be used.

## RICE COLESLAW



4 cups finely-shredded  
cabbage (about ½ small  
cabbage)  
¾ cup long grain rice  
½ cup chopped red and  
green peppers  
1 cup sliced radishes  
1 teaspoon salt

1 medium onion  
315 g (10 oz.) can whole  
kernel corn  
½ cup french dressing  
½ teaspoon dry mustard  
pinch pepper  
2 teaspoons sugar  
1 clove garlic, crushed

Cook rice in usual way, drain well, cool. Place cabbage in large bowl. Add rice, red and green peppers, radishes, grated onion and drained corn. Place remaining ingredients into screw top jar, shake well. Pour over rice and vegetables, toss thoroughly.

**Serves 6.**

## CELERY VICTOR SALAD

6 sticks celery  
2 cups water  
2 chicken stock cubes  
3 tomatoes  
125 g (4 oz.) black olives

60 g (2 oz.) can anchovy  
fillets  
⅓ cup bottled Italian  
dressing

Cut celery into 5 cm (2 in.) diagonal pieces. Heat water in saucepan, add crumbled chicken stock cubes, stir until dissolved. Add celery; boil, uncovered, 3 minutes; drain. Spread celery out on tray, refrigerate until cold. Cut tomatoes into wedges. Arrange in salad bowl with celery, black olives and drained anchovy fillets. Add dressing; toss lightly. Refrigerate until ready to serve.

**Serves 4 to 6.**



**PRAWN & AVOCADO SALAD**

1 lettuce  
500 g (1 lb.) prawns  
2 oranges

1 avocado  
¼ cup french dressing

Wash lettuce, dry well, tear into pieces. Shell prawns; peel and slice oranges, or cut into segments. Put lettuce, prawns and orange slices into bowl. Just before serving, peel and halve avocado, slice thickly; add to salad. Add french dressing; toss lightly.

**Serves 6.**

**CHICKEN WALDORF SALAD**

1 lettuce  
3 whole chicken breasts  
2 red apples  
3 sticks celery  
½ cup walnut halves

½ cup mayonnaise  
¼ cup sour cream  
½ teaspoon worcestershire  
sauce  
salt, pepper

Steam or boil chicken in usual way until tender; cool. Remove skin and bones from chicken, cut meat into 2.5 cm (1 in.) pieces. Cut apples in half, remove seeds and cut into cubes; slice celery. Line salad bowl with lettuce leaves, top with combined chicken, apple, walnuts and celery. Combine mayonnaise, sour cream, worcestershire sauce, salt and pepper, spoon over salad.

**Serves 6.**



## VARIETY SALAD



- 1 small lettuce
- 4 hard-boiled eggs
- 470 g (15 oz.) can green asparagus spears
- 3 tomatoes

- 125 g (4 oz.) cheddar cheese
- 125 g (4 oz.) olives
- 2 cabanossi or cabana (or 250 g [8 oz.] salami)
- french dressing

Wash lettuce, dry well; refrigerate in plastic bag until crisp. Arrange lettuce leaves over salad platter or large plate. Shell eggs, cut into halves; drain asparagus spears; cut tomatoes in wedges; cut cabanossi in slices; cut cheese into cubes. Arrange all ingredients decoratively over lettuce. Serve french dressing or mayonnaise separately.

**Serves 4.**

## HIGH VITAMIN SALAD

- 3 medium carrots
- 3 sticks celery
- 1 red pepper
- 1 green pepper

- 1 medium cucumber
- 1 medium lettuce
- $\frac{1}{2}$  cup chopped parsley
- salt

Peel and finely grate carrots. Chop celery, peppers, and cucumber very finely. Shred lettuce. Combine vegetables and parsley, season with salt. Add dressing just before serving; toss lightly.

**Serves 4 to 6.**

## DRESSING

- 1 tablespoon safflower oil
- $\frac{1}{3}$  cup cider vinegar

Combine oil and vinegar in screw-top jar, shake well.

## CAESAR SALAD



## CAESAR SALAD

2 small lettuce  
30 g (1 oz.) butter  
1 clove garlic  
2 slices bread

2 rashers bacon  
grated parmesan cheese  
chopped parsley

Wash lettuce, discard tough outer leaves; pat dry. Tear leaves into pieces, mix with dressing. Cut bread into 1 cm (½ in.) cubes. Brown cubes with crushed garlic in hot butter. Cook chopped bacon separately until crisp. Drain on absorbent paper. Scatter bread croutons over salad with bacon pieces, chopped parsley and grated cheese.

**Serves 4 to 6.**

### DRESSING

⅔ cup french dressing  
1 teaspoon salt  
1 coddled egg

1 teaspoon prepared  
mustard

To coddle egg, gently lower egg into boiling water, boil 1 minute. Remove egg from shell; combine with remaining ingredients. Blend well.



## BEAN & PEPPER SALAD



## BEAN AND PEPPER SALAD

**315 g (10 oz.) can red**

**kidney beans**

**315 g (10 oz.) can soy beans**

**1 red pepper**

**1 green pepper**

**1 large onion**

**2 sticks celery**

**470 g (15 oz.) can  
pineapple pieces**

Rinse kidney beans and soy beans in strainer under cold running water; drain. Put drained beans, seeded and cubed peppers, sliced celery, peeled and chopped onion, and drained pineapple (reserve syrup) into salad bowl. Add prepared salad dressing; toss well. Refrigerate until ready to serve, tossing occasionally.

### DRESSING

**¼ cup white vinegar**

**½ cup oil**

**1 tablespoon pineapple  
syrup from can**

**salt, pepper**

**¼ teaspoon dry mustard**

**1 small clove garlic,  
crushed**

Put all ingredients into screw top jar; shake well.

### BEAN SALAD

**315 g (10 oz.) can soy beans**

**315 g (10 oz.) can butter  
beans**

**2 315 g (10 oz.) cans  
red kidney beans**

**315 g (10 oz.) can  
whole kernel corn**

**2 sticks celery**

**1 red pepper**

**4 shallots or spring onions**

**½ cup bottled italian  
dressing**

Put soy beans, butter beans, and kidney beans in strainer. Stand strainer under cold running water, rinse until beans are free of their liquid. Drain well.

Put beans into salad bowl with drained corn. Chop celery; seed and chop pepper; chop shallots; add to beans. Pour dressing over; toss well. Refrigerate until ready to serve. Just before serving, toss again.

**Serves 6.**



## LETTUCE WEDGE SALAD



## LETTUCE WEDGE SALAD

**1 lettuce**

**2 medium tomatoes**

**125 g (4 oz.) edam cheese  
(or other cheese)**

**60 g (2 oz.) black olives**

Wash lettuce, cut into six wedges. Cut tomatoes and cheese into thin wedges. Arrange in bowl with olives, refrigerate. Just before serving, spoon the mint dressing over.

**Serves 4 to 6.**

### MINT DRESSING

**¼ cup oil**

**⅓ cup vinegar**

**2 teaspoons sugar**

**2 tablespoons chopped  
mint**

**salt, pepper**

Combine all ingredients in screw top jar, shake well, refrigerate. Shake well again before spooning over salad.

**MACARONI SALAD****MACARONI SALAD**

250 g (8 oz.) macaroni

1 red pepper

3 sticks celery

4 shallots or spring onions

470 g (15 oz.) can

whole kernel corn

 $\frac{1}{3}$  cup french dressing

Gradually add macaroni to large quantity of boiling salted water; boil, uncovered 15 to 20 minutes or until tender; drain. Rinse under hot running water, drain well.

When macaroni is cold, place in salad bowl. Add seeded and chopped red pepper, sliced celery, chopped shallots, drained corn and french dressing; toss well. Refrigerate until ready to serve. Just before serving toss again.

**Serves 6.**



## CHICKEN & HAM SALAD



## CHICKEN AND HAM SALAD

3 chicken breasts  
1 large ripe pineapple  
250 g (8 oz.) ham

1 red pepper  
3 sticks celery  
4 shallots

Steam or simmer chicken in usual way until tender. When cold, remove skin and bones from meat. Cut meat into 2.5 cm (1 in.) pieces.

Cut pineapple in half lengthwise; with very sharp knife, carefully cut out flesh. Cut pineapple flesh into 2.5 cm (1 in.) pieces. Place chicken, pineapple pieces, sliced ham, seeded and chopped pepper, sliced celery, and chopped shallots into bowl; toss lightly. Spoon chicken mixture into pineapple halves, garnish with a few sprigs of mint.

Refrigerate until ready to serve. Serve Creamy Mint Dressing in separate bowl.

**Serves 4 to 6.**

### CREAMY MINT DRESSING

2 tablespoons chopped mint  
½ cup mayonnaise  
2 tablespoons french  
dressing

⅓ cup cream  
½ teaspoon french mustard  
salt, pepper

Place mint, mayonnaise, french dressing, cream, mustard, salt and pepper into bowl; mix well. Refrigerate until ready to serve.



## BROWN RICE SALAD



## BROWN RICE SALAD

500 g (1 lb.) brown rice  
 470 g (15 oz.) can  
   whole kernel corn  
 6 radishes

3 sticks celery  
 4 shallots or spring onions  
 3 tablespoons chopped  
   parsley

Gradually add rice to large quantity of boiling salted water; boil, uncovered, 25 to 30 minutes or until tender; drain, rinse under hot running water.

Place well-drained rice into large bowl, add drained corn, thinly-sliced radishes, chopped celery, finely-chopped shallots and parsley; toss well. Pour over prepared dressing; toss lightly. Refrigerate until ready to serve.

**Serves 8.**

### DRESSING

$\frac{1}{3}$  cup oil  
 $\frac{1}{3}$  cup white vinegar  
 salt, pepper

$\frac{1}{4}$  teaspoon dry mustard  
 1 small clove garlic

Place oil, vinegar, mustard and crushed garlic into screw top jar; shake well. Season with salt and pepper.

## ITALIAN MIXED SALAD



## ITALIAN MIXED SALAD

125 g (4 oz.) green beans

125 g (4 oz.) button

mushrooms

12 small onions

1 green pepper

2 carrots

1 small cauliflower

1 small eggplant

2 sticks celery

¼ cup oil

Trim and string beans, cut into 5 cm (2 in.) lengths; wash mushrooms; peel and quarter onions; remove stalk from pepper, cut into strips; peel carrots, cut diagonally into 2.5 cm (1 in.) chunks; divide cauliflower into flowerets; cut unpeeled eggplant into 2.5 cm (1 in.) cubes; cut celery diagonally into 2.5 cm (1 in.) slices.

Saute vegetables in hot oil for 5 minutes, put into large salad bowl. Add dressing and toss lightly.

**Serves 6.**

### DRESSING

½ cup bottled italian  
dressing

¼ cup oil

1 clove garlic

2 teaspoons prepared  
mustard

2 teaspoons sugar

Combine all ingredients in screw top jar, shake to combine well.



## SOY BEAN SALAD



## SOY BEAN SALAD

500 g (1 lb.) soy beans  
water

$\frac{1}{2}$  cup oil

$\frac{1}{3}$  cup vinegar

salt, pepper

1 clove garlic

6 shallots or spring onions

1 small red pepper

2 sticks celery

2 tablespoons chopped

parsley

1 tablespoon chopped mint

$\frac{1}{2}$  teaspoon basil

Put beans into large bowl; cover with cold water, leave overnight. Put beans with their liquid into large saucepan, add extra water to cover well. Bring to boil, reduce heat, cover, simmer over very low heat 2 hours or until beans are still crunchy to the bite; drain, rinse under cold water.

Put beans in bowl, add combined oil, vinegar, salt, pepper, crushed garlic, parsley, mint and basil; mix well. Cover, refrigerate several hours.

Add chopped shallots, seeded and chopped pepper and chopped celery; mix well.

**Serves 8.**



## TAHITIAN FISH SALAD



## TAHITIAN FISH SALAD

1 kg (2 lb.) bream fillets  
 ½ cup lemon juice  
 white vinegar  
 ½ cup mayonnaise  
 ¾ cup sour cream  
 1 teaspoon grated  
 lemon rind

salt, pepper  
 1 cucumber  
 4 tomatoes  
 8 shallots or spring onions  
 2 medium onions  
 4 hard-boiled eggs  
 2 large cooked beetroot

Remove skin and bones from fish, cut fish into 2.5 cm (1 in.) pieces. Place fish into bowl, add lemon juice, salt and enough vinegar to cover fish; mix well. Cover bowl, refrigerate overnight. Next day, drain fish well.

Place mayonnaise, lemon rind and sour cream in bowl, add fish, mix well. Season with salt and pepper. Place into large serving dish. Place separate bowls around fish containing chopped cucumber, peeled and chopped tomatoes, chopped shallots, peeled and sliced onions, chopped egg-white with sieved egg-yolk on top, and sliced beetroot. Guests help themselves to fish, then a selection of the accompaniments.

**Serves 4.**

**Note:** The fish in this salad is not actually cooked; the acid action of the lemon juice and vinegar, as the fish stands overnight, simulates the cooking process.

**DELICIOUS GARDEN SALAD****DELICIOUS GARDEN SALAD****1/2 small cauliflower****1 large onion****1 cucumber****1 large green pepper****1 large red pepper****1 teaspoon paprika****2 teaspoons sugar****1/2 bunch young spinach****1 teaspoon thyme****1/2 cup french dressing****salt, pepper**

Soak cauliflower in salted water 30 minutes, wash and drain, trim off leaves and stems leaving small flowerets. Dice onion and unpeeled cucumber, cut green and red peppers into thin strips. Wash and dry spinach, remove stalks, roughly chop leaves (this should give about 2 cups).

Combine prepared vegetables with remaining ingredients, toss lightly. Refrigerate before serving.

**Serves 6 to 8.**



## SANDWICH SALAD



## SANDWICH SALAD

4 hard-boiled eggs  
 250 g (8 oz.) pkt. swiss  
     cheese slices  
 125 g (4 oz.) cheddar  
     cheese  
 1 lettuce

3 tablespoons french  
     dressing  
 315 g (10 oz.) bottle gherkins  
 paprika  
 $\frac{1}{2}$  cup fruit chutney  
 $\frac{1}{3}$  cup bottled salad  
     dressing or mayonnaise

Wash lettuce, dry well, tear into pieces; toss in french dressing. Shell eggs, cut in halves; place on salad plate with swiss cheese slices, sliced cheddar cheese, drained gherkins and lettuce. Sprinkle egg halves with a little paprika. Combine chutney and salad dressing in separate bowl. Serve with the salad. Serve fresh crusty bread and butter as an accompaniment.

**Serves 4 to 6.**

## CHINESE RICE SALAD



## CHINESE RICE SALAD

500 g (1 lb.) long-grain rice  
 3 tablespoons oil  
 3¾ cups water  
 3 chicken stock cubes  
 1 teaspoon salt  
 500 g (1 lb.) prawns  
 6 shallots or spring onions

½ green cucumber  
 1 small green pepper  
 1 small red pepper  
 2 sticks celery  
 ⅓ cup french dressing  
 1 teaspoon soy sauce

Heat oil in wide, heavy-based saucepan. Add rice, stir until golden brown. Add water, crumbled stock cubes, and salt. Cover, simmer gently 12 minutes or until rice has absorbed all liquid. Turn out on to large tray; allow to cool.

When cold, add shelled prawns, chopped shallots, chopped cucumber, chopped and seeded red and green peppers and sliced celery. Toss with combined french dressing and soy sauce.

**Serves 6.**



## HEALTH SALAD



## HEALTH SALAD

1 small lettuce  
 250 g (8 oz.) cottage  
 cheese  
 1 tablespoon chopped  
 parsley  
 125 g (4 oz.) cheddar cheese  
 2 carrots  
 ½ swede or turnip

2 small beetroot  
 2 zucchini  
 4 radishes  
 ½ red pepper  
 ½ green pepper  
 2 white onions  
 2 sticks celery

Wash lettuce, zucchini, radishes, peppers, and celery. Peel and grate carrots; peel and grate beetroot and swede; peel and slice onions. Arrange lettuce leaves on large flat serving plate. Combine cottage cheese and parsley, place in centre of plate.

Arrange around cottage cheese, in individual groups, grated cheese, carrot, swede, beetroot, sliced zucchini, sliced radishes, and sliced peppers. Decorate with onion rings and small celery strips or curls.

Serve Honey and Mint Dressing separately. Make this by combining all ingredients in small screw-top jar and shaking well.

**Serves 4.**

### HONEY AND MINT DRESSING

½ cup french dressing  
 2 teaspoons honey

1 tablespoon finely-chopped  
 mint

## CHINESE CHICKEN SALAD



1.5 kg (3 lb.) chicken  
 1 tablespoon soy sauce  
 2 tablespoons dry sherry  
 1 tablespoon oil  
 2.5 cm (1 in.) piece  
     green ginger  
 2 sticks celery

1 small red pepper  
 1 small green pepper  
 2 onions  
 250 g (8 oz.) can water  
     chestnuts  
 ¼ cup french dressing  
 1 small lettuce

Steam or boil chicken in usual way until tender; cool. Remove skin and bones from chicken, cut meat into 2.5 cm (1 in.) cubes. Combine soy sauce, sherry, oil, and grated green ginger in bowl. Add chicken meat, toss well. Refrigerate 1 hour. Put sliced celery, seeded and sliced red and green peppers, drained and halved water chestnuts, peeled and thinly-sliced onions, and french dressing in bowl; toss well.

Add chicken with marinade to vegetables; toss lightly. Shred washed lettuce finely. Arrange on serving plate or in bowl, then top with chicken mixture.

**Serves 4 to 6.**



## CREAMY COLESLAW



½ small cabbage  
 1 large carrot  
 1 green pepper  
 1 red pepper  
 3 sticks celery  
 ½ cucumber

½ cup mayonnaise  
 ½ cup sour cream  
 1 tablespoon white  
     vinegar  
 salt, pepper

Discard outer leaves of cabbage, wash cabbage, shred finely. Put cabbage, peeled and grated carrot, seeded and finely-chopped peppers, finely-chopped celery, and peeled and finely-chopped cucumber in bowl.

Combine mayonnaise, sour cream and vinegar, season with salt and pepper. Pour dressing over prepared vegetables; toss well. Refrigerate until ready to serve.

**Serves 8.**

## GARLIC TOMATO SALAD



## GARLIC TOMATO SALAD

*(Shown in picture)*

500 g (1 lb.) very small  
tomatoes

250 g (8 oz.) black olives

1 cup french dressing

½ teaspoon dry mustard

1 large clove garlic

½ teaspoon sugar

salt, pepper

lettuce leaves

Wash and dry tomatoes. With skewer, prick tomatoes all over. Put french dressing, mustard, crushed garlic, sugar, salt and pepper into large screw top jar; shake well. Add tomatoes and olives, shake gently. Leave several hours or overnight in refrigerator. To serve, line salad bowl with lettuce cups, spoon in drained tomatoes and olives. (Don't discard the dressing — it can be used again to flavor tomatoes and olives, or use as a dressing on green salad.)

**Serves 4 to 6.**

## CHINESE RADISH SALAD

1 bunch radishes

4 sticks celery

6 shallots or spring  
onions

125 g (4 oz.) ham

1 teaspoon grated green  
ginger

1 teaspoon soy sauce

2 teaspoons sesame oil

1 teaspoon sugar

2 tablespoons white  
vinegar

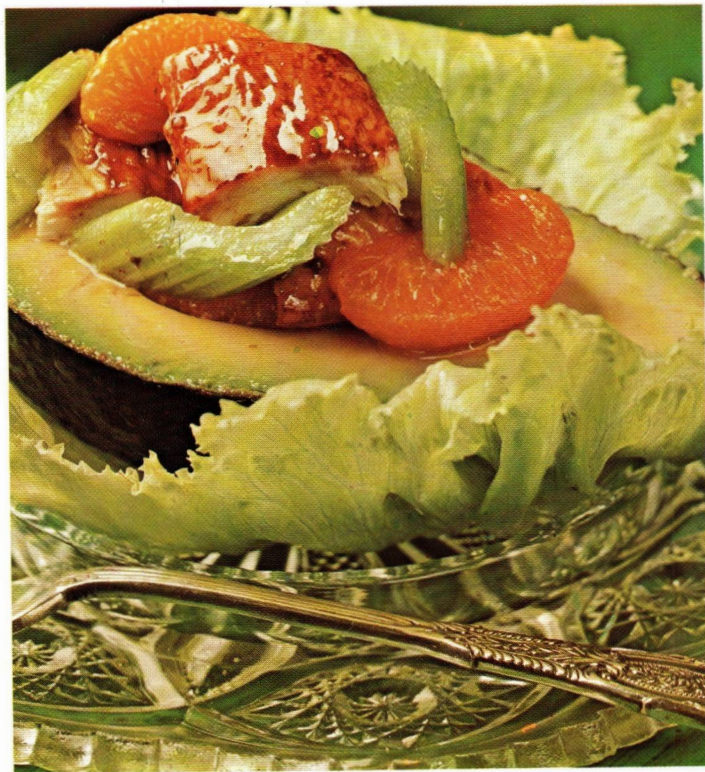
salt, pepper

Wash radishes, celery, and shallots; dry. Slice radishes, celery, shallots and ham into fine matchstick strips; place into salad bowl. Combine ginger, soy sauce, sesame oil, sugar, vinegar, salt and pepper in screw-top jar; shake well. Pour dressing over vegetables in bowl; toss lightly.

**Serves 6.**



## CHICKEN WITH AVOCADO



## CHINESE CHICKEN WITH AVOCADO

1.5 kg (3 lb.) chicken

60 g (2 oz.) butter

 $\frac{1}{3}$  cup water

1 tablespoon soy sauce

1 tablespoon honey

2 tablespoons dry sherry

2.5 cm (1 in.) piece green  
ginger

1 tablespoon oil

2 avocados

2 sticks celery

345 g (11 oz.) can

mandarin segments

bottled french dressing

lettuce leaves

Put chicken in baking dish, add butter and water. Bake in hot oven 15 minutes, reduce heat to moderate, cook further 1 $\frac{1}{4}$  hours. Combine soy sauce, honey, sherry, sliced green ginger, and oil in bowl; brush frequently over chicken in the last 15 minutes of cooking time.

Allow chicken to become cold. Remove meat from chicken, leaving skin on. Cut meat into 2.5 cm (1 in.) cubes. Slice avocados in half, remove stones. Put chicken, sliced celery, and drained mandarins in bowl. Add 2 tablespoons of french dressing; toss lightly. Spoon 2 teaspoonfuls of french dressing over each avocado half, spoon in prepared chicken filling. Put a lettuce leaf on to each plate, put avocado on top of lettuce.

**Serves 4.**

## SALAD NICOISE



## SALAD NICOISE

1 lettuce  
 ½ green pepper  
 ½ red pepper  
 1 stick celery  
 2 small onions  
 3 hard-boiled eggs

2 tomatoes  
 60 g (2 oz.) can anchovy  
     fillets  
 220 g (7 oz.) can chunk-style  
     tuna  
 125 g (4 oz.) black olives

Wash and dry lettuce leaves; tear lettuce into pieces. Place in salad bowl. Add seeded and sliced red and green peppers, sliced celery, peeled and sliced onions, halved eggs, quartered tomatoes, drained anchovy fillets, lightly-flaked, drained tuna and olives. Refrigerate until ready to serve. Sprinkle prepared dressing over; toss lightly.

**Serves 4 to 6.**

### DRESSING

⅓ cup french dressing

½ teaspoon dried basil

Place french dressing and basil in screw-top jar; shake well. Allow to stand 1 hour before using. Shake again before using.